Come in with a DREAM!

What is Tubal / Pelvic Adhesive Disease?

Pelvic adhesive disease (scar tissue in the pelvis) and problems with the fallopian tubes are a cause of infertility in about 25% of patients seeking care at fertility clinics. These conditions contribute to caus infertility because they prevent normal transport of the egg, sperm,
and embryo through the fallopian tubes.

There are many causes of pelvic adhesive and fallopian tube disease but pelvic infections, endometriosis, and scar tissue / damage from prior surgery explain most causes. Pelvic infections arise from a number of causes including sexually transmitted disease, appendicitis, and inflammatory bowel disease such as Crohn's disease or ulcerative colitis. It is important to note that about 1 in 3 women who have had a sexually transmitted infection were not aware of the infection and therefore, may not be aware they are at risk for fallopian tube problems.

Assessment of the fallopian tubes can be accomplished via three methods: 1) hysterosalpingogram (HSG) 2) hysterosalpingo-contrast sonography (ultrasound) and 3) laparoscopic surgery. The most common method to assess tubal patency is the HSG which uses contrast dye and an X-ray to evaluate the fallopian tubes. In a similar manner, using air bubbles, ultrasound can evaluate the fallopian tubes. Lastly, surgery along with the instillation of colored dye (chromopertubation) through the fallopian tubes can assess not only the fallopian tubes but also evaluate the pelvis for endometriosis and the presence of scar tissue. HSG is rarely useful for the detection of scar tissue and / or endometriosis. If a tubal obstruction is noted, it is important to identify the size and location as obstructions close to the uterus (proximal) are often due to tubal spasm or mucus and are not "true" tubal blockages. Obstruction farther away (more lateral, distal) from the uterus tends to represent concerning tubal problems.

Through poses that strengthen the spine and uterus, keep the ovaries healthy and improve circulation of the reproductive organs, Jennifer runs consecutive six-week series focused on promoting fertility. These Iyengar sequences have proven to establish regular hormonal rhythms, dissolve abdominal tension, stimulate thyroid efficiency, relieve stress, quiet the mind and soothe the endocrinological system. It is not all restorative but rather a balanced practice of standing poses, seated poses, forward and backward bending as well as inversions. No yoga experience required; all levels welcome.

For more information on Iyengar yoga and Jennifer's background and experience, please visit her website - www.jenniferwert.com. If you’re interested in attending her next series, or arranging a private session with Jennifer, please email or call Jenn directly. She'd be happy to talk with you about how she might support you on this journey.

WWW.JENNIFERWERT.COM

Natal to Nest

YOGA for FERTILITY
Harvard studies show yoga increases your chances of conception. Join other women on the road to conception for an hour of gentle yoga. No experience needed! Registration required.
Natal to Nest
http://www.nataltonest.com
303-221-6378

PREGNANCY AFTER INFERTILITY
Congratulations, your pregnant! Now what? Many women feel uncertain after graduating their fertility program. You've developed
Treatment for tubal disease depends on a number of factors including severity and location of disease. IVF is by far the most effective therapy for tubal disease as it eliminates the need for fallopian tubes. In fact, the first attempted IVF cycle in the United States was a patient with bilateral tubal disease. Surgery and ovulation enhancement (assuming at least one fallopian tube is open) are less effective but also reasonable treatments that may be considered under some circumstances. Lastly, patients with tubal disease are at increased risk for an ectopic pregnancy within the fallopian tubes. Patients with tubal problems who become pregnant must be followed closely early in pregnancy until the location of the pregnancy can be confirmed.

If you can imagine it, you can create it. If you can dream it, you can become it.

-William Arthur Ward

Conceptions now has on-line bill pay

UP AND COMING EVENTS AT CONCEPTIONS:

Now scheduling HSG's in our Littleton office. You will need an order from your physician.

Free Semen Analysis Day

March 12th, 2015
April 10th, 2015

Resolve's 1st Annual Colorado Walk of Hope
Sunday June 28, 2015 - Redstone Park Highlands Ranch, CO.
Check-in begins at 9:00am
The Walk begins at 10:00am

Littleton - 271 W. County Line Road, CO 80129
303.794.0045
Conceptions Reproductive Associates of Colorado invites you to connect with us on Facebook. Simply visit www.facebook.com/FertilityClinicColorado and click "Like".

Whether you are a former, current, or prospective patient, our Facebook page offers information for everyone. By connecting, you will see several posts a month on:

- Inspirational Quotes for all Occasions
- Conceptions Latest Clinic News
- The latest Fertility Information and Technology

Optionally, you’re also welcome to share your baby pictures and testimonials on our page.

We look forward to connecting with you on Facebook!

https://plus.google.com/u/0/112330716440942207768/
http://twitter.com/FertilityIVF

Check out our new blog at Conceptionseupro.com